

312 Eighth Avenue North
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*"Abuse Is Preventable.
Dependence Is Treatable"*

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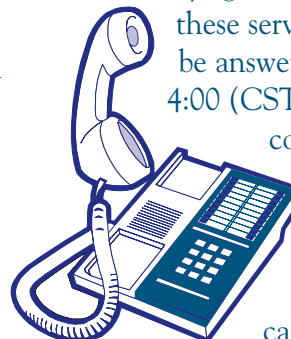
Consumer Corner

Consumers and Access to Recovery

Any Tennessee resident with an active substance abuse problem or a history of substance abuse may benefit from Access to Recovery. The first step is locating a provider near you to conduct a screening and assessment. The TN-ATR hotline (1-866-358-4287) can be used to contact Tennessee Access to Recovery staff to obtain provider information. After completing an assessment, consumers will, using a provider list, be able to choose the TN-ATR provider that meets their service needs. As a consumer, you have the ability to determine where you receive treatment and/or recovery services.

ATR Hotline

The Bureau of Alcohol and Drug Abuse Services is pleased to announce that the "Access to Recovery Consumer Hotline" is operational. Consumers can call to determine where ATR services are being provided, what types of services are provided by agencies, and how to access these services. The Hotline will be answered Monday-Friday, 7:30-4:00 (CST). The Hotline has a confidential voicemail and your call will be returned within one business day. To reach the TN-ATR Hotline, call 1-866-358-4287.





BUREAU OF ALCOHOL &
DRUG ABUSE SERVICES

SPECIAL POINTS OF INTEREST:

New providers
issuing vouchers.

People in need of
help will have the
gift of choice.

TN-ATR Web Site
Now Active!

TN-ATR Consumer
Hotline
1-866-358-4287

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Tennessee **ACCESS TO RECOVERY**

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TN-ATR Issues First Vouchers

After extensive trainings, educational sessions, review and approval of provider applications, the Tennessee Access to Recovery (TN-ATR) program has officially started. TN-ATR issued the first vouchers and served the first consumers this past April 2005. At that time, four providers were authorized and trained to provide vouchers and services as an initial start-up phase of the state's strategic implementation plan. These providers were creative in adjusting their business operations so that ATR services complement their existing service array and expand their ability to increase the number of persons that they can serve.

TN-ATR will incrementally increase the number of authorized treatment and/or recovery providers over the next several months. Key elements in supporting this increase are planned implementation of an electronic web-based data system to support issuing and tracking consumer vouchers and provider's data reporting, implementing additional screening and assessment sites, and authorizing and training new providers. The strategic implementation plan also provides for planned

expansion to assure the following: 1) high need areas of the state have coverage; 2) coverage is adequate to assure consumer choice; and 3) the number of faith-based providers increases.



Three other key activities that support the effective implementation of the TN-ATR program have also been initiated. In order to target more directly the methamphetamine population, the TN-ATR Appalachian Work Group has been

established to assist with outreach efforts in the state's 50 Appalachian counties. A conference call was held with faith-based organizations to discuss training needs and a training session was planned for August 27, 2005. In addition, TN-ATR staff met with the Drug Court Advisory Committee to discuss ways to involve drug courts in the screening and assessment process.

We want to acknowledge all of our treatment, recovery and faith-based providers for their hard work and assistance in getting this critical program and resource implemented in our state.

ATR Offers Treatment & Recovery Services

Tennessee Access to Recovery is unique in that both treatment and recovery services are offered. Following an assessment to determine the appropriate level of care, those with a primary or secondary methamphetamine abuse or dependence diagnosis may be eligible for 90 days of Intensive Outpatient Treatment. The Matrix Model, proven to be the most effective treatment for methamphetamine addiction, will be utilized at each treatment setting.

Recovery support services are designed to help people initiate and/or sustain recovery from alcohol and drug use disorders and related problems and consequences by providing supportive services. These services can assist a consumer in decreasing barriers to recovery and may include one or more of the following: continuing care/aftercare, case management, drug testing, recovery coaching,

recovery skills groups (recovery skills, spiritual support, and relapse prevention), transitional housing, and transportation.

Recovery services may be utilized during or immediately following treatment and can be accessed at any point during their recovery. Following an assessment that determines which services are needed to maintain recovery, a referral will be made to access the appropriate support service. It is the hope of TN-ATR that by decreasing barriers to recovery, consumers are able to focus more fully on continued sobriety.

Consumers will have an opportunity to choose where they will receive treatment and/or recovery services from a list of approved providers. For more information, call 1-866-358-4287.

The Matrix Model of Intensive Outpatient Treatment brings hope to methamphetamine addicts in Tennessee.

Methamphetamine Meets the Matrix Model

The Matrix Model of Intensive Outpatient Treatment brings hope to persons with methamphetamine abuse or dependence in Tennessee. It is a scientific, evidence-based program designed to help develop and maintain abstinence. The focus is on

changing negative behavior patterns by teaching, and reinforcing, positive behavior. A program such as the Matrix Model is essential to combating the methamphetamine problem dominating the rural regions of the state and making its way into our metropolitan and suburban areas.

In May 2005 at the Tennessee Advanced School on Addictions (The Summit), there was a two day presentation giving an overview and implementation of the Matrix Model. Paul

Brethen, MA, MFT, a consultant and trainer for the Matrix Institute, conducted the training. Over sixty different treatment providers were on hand to learn more about the innovative treatment program. Access to Recovery offers the Matrix Model of treatment, through its authorized providers, to anyone meeting the basic TN-ATR client eligibility criteria and who have a methamphetamine addiction. Any licensed non-residential treatment facility may apply for membership in the Tennessee Access to Recovery network as an Intensive Outpatient treatment provider. Agencies must complete and submit a general program application as well as an application specific to their proposal for a Matrix Model IOP. For application information, contact Lisa Waszkiewicz (615) 253-2036 or lisa.waszkiewicz@state.tn.us.



Accessing Recovery Through Faith-Based Organizations

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Recovery has been supported by faith-based providers for decades. Tennessee Access to Recovery brings faith-based groups into the spotlight and recognizes all of their efforts fostering sober living for those struggling with addiction.

Faith-based organizations are fundamental to the success of Tennessee Access to Recovery's ability to better serve the community. We encourage faith-based agencies across the state to join the Tennessee Access to Recovery network and become a part of our efforts to offer a range of treatment and recovery options in Tennessee. To apply, agencies must complete an application and commit to receive training for SAMHSA's "Core Competencies for Clergy and Other Pastoral

Ministers in Addressing Alcohol and Drug Dependence." Access to Recovery staff are available to walk faith based agencies through the application process and offer support in any way possible. Working with Vernon Martin, Tennessee Association of Alcohol, Drug & other Addiction Services, we will be offering the "Core Competencies" training periodically in various regions of the state.

The end result – people in need of help will have the gift of choice from a diverse range of services and have a voice in where they find recovery. For application information, contact Lisa Waszkiewicz (615) 253-2036 or lisa.waszkiewicz@state.tn.us.



Web-based Reporting System

The Bureau will be implementing a web-based system for collecting and processing TN-ATR data. Providers will be able to engage consumers in Access to Recovery services using a real time, web-based program. Providers will also have the ability to easily monitor their activity within the ATR system. Vouchers can be requested and services can be reported via the internet, creating a real-time, accurate database of information for both the provider and the Bureau. With the arrival of a web-based system, the Bureau will also be able to continue to increase the provider network. Overall, it will allow Tennessee Access to Recovery to become more efficient and effective in bringing services to consumers.

TN-ATR Web Site New and Improved!

Please visit our TN-ATR web site by going to www2.state.tn.us/health/A&D/index.htm and clicking on **Tennessee Access to Recovery**. There is information available for consumers and providers including a list of current authorized providers and an application packet for service providers. There is also an e-mail link to contact us for more information. Check us out!!!

Recovery has been supported by faith-based services for decades.